LIFE & IIMES

C SECTION

On Post

Free baby layettes

Families who have had children since being deployed to Iraq, or have had them since their return, are eligible to receive a free layette offered by Spencer's Children's Clothing Company, Inc.

For specific guidelines and applications, contact the American Red Cross office at 2197.

Army One Source

Telephone counseling service is available for personal support and referrals to military and community resources.

For more information visit <u>http://www.army-</u> <u>onesource.com</u>. User ID Army password "Onesource" or call 800-464-8107.

Home Business

Military spouses and retirees are needed as childcare providers in counties surrounding Fort Stewart and Hunter. If you like children, why not start your small business. Free training and assistance provided.

Resume Writing

A workshop is scheduled for Tuesday, 9:30 a.m., ACS Bldg. 253. For more information call 767-5058.

Bible Study

Two Protestant bible studies are being offered to Soldiers and family members at Stewart.

The Working Women Bible for Protestant Women of the Chapel will be held Wednesdays 7 to 8 p.m. at Marne Chapel.

The bible study is geared for working wives or Soldiers. Come and join the fun. The Protestant women of the Chapel will meet Tuesdays 9:30 to 11:30 a.m. at Vale Chapel

Every Tuesday deepen your relationship with the Lord while enjoying fellowship with other

Off Post

Stars & Stripes

Stars and Stripes has launched a promotion offering a chance for the military and civilian communities to send holiday wishes to the men and women serving in support of OIF this holiday season.

A special Holiday Greetings section in the Middle East Edition allowing people from around the globe to send their best wishes to those deployed to the Middle East — for free!

 Option 1 allows up to a 10 line message for free

 Option 2 allows the sender to add a photo or image of their choice to their message; these larger 2.5"wide x 3"deep ads are only \$49.

To place a greeting, simply visit the Stars and Stripes website www.stripes.com click on the "Holiday Greetings" image button. Space is limited so act today! Messages must be received no later than Nov. 29.

To publish a brief in The Frontline, call 767-3440 or fax us at 767-9366. Deadline for briefs is Friday at noon.

There can only be one ...



Pfc. Scott Stewart, B Company, 3rd Battalion, 7th Infantry, took first place in the Division I All Army Photography contest with his photo "Sunset at the Range." Stewart also took second place, and third place went to 2nd Lt. Seth Olmstead, B Co., 703rd Forward Support Bn.

The Division II winners were first place Sharon Bass, a photographer with the DOIM, with her entry "Lady's Fancy Shaw Butterfly Wings." Second place went to Aminta Arrington, a military spouse, and 3rd place went to Jessica Fife, a military Spouse.

Division I was open to active-duty military, and Division II was open to all other authorized MWR patrons. The first place photos from each division will compete with photos from other installations at the command level All **Army Photography Contest.**



Sharon Bass

Winn health fair to offer fun, flu shots

Winn Army Community Hospital

Special to the Frontline

Winn Army Community Hospital will host a Health Fair Dec. 11 from 10 a.m. to 3 p.m. in the hospital's Patriot Auditorium.

Flu shots, interactive activities and educational materials will be available for all ages.

"We wanted to offer our community a chance to get vital health care information in a fun and interactive environment," said Laurie Kemp, event coordinator. "With the deployments coming up, it is extremely important people understand their health care, not only TRICARE, but what services are available to them locally and how they work."

The fair will offer blood pressure screenings, bone density screenings for post-menopausal women, foot type assessments, nutrition/weight assessments, oral cancer screenings and much more.

"One of our stands will allow people to use real operating room equipment on a pumpkin to see what it is like during surgery. The Army Substance Abuse Program is bringing DUI goggles so people can see sober what they see when intoxicated," Kemp said. "We'll be offering tours of the laboratory, classes throughout the day on how to register and use TRI-CARE Online and TRICARE will be giving 30 minute classes and answering questions."

But perhaps the best news is that flu shots will be available for all military families.

'We're very excited we have enough vaccine, not only for our soldiers, but enough to share with our family members and retirees during the fair," said Col. (Dr.) Herman J. Barthel, hospital commander. "We will vaccinate anyone over the age of 4 with a valid military ID card."

So mark your calendars and take this opportunity to get to know your hospital. For more information, call Laurie Kemp at 370-6662.

What can you find at the health fair?

Get your flu shot!!! ALL beneficiaries can get the shot with a valid military ID (except active-duty soldiers and children under the age of 4.) Find out what it is like being a surgeon by operating on a pumpkin. Learn your foot type so you can find the best shoes for you.

Do you know how to seek health care outside of the area? Do you have other TRICARE or dental questions? Need to know who your Primary Care Manager is?

Learn how you really see while intoxicated through DUI Goggles

Interested in losing or gaining weight? Do you know how to maintain your current weight? Are you worried about oral cancer because you chew or smoke

tobacco? Want to see the inside of an ambulance? How about the inside of a

Do you have questions about your medication? How about a quick class on how to use TRICARE Online? Need great information about the hospital in general? Perhaps

you're interested in a tour of the facility?

Coping with the deployment of a spouse

ArmyOneSource

Special to the Frontline

Maintaining a family routine and tending to your needs or the needs of family members can be very difficult when a spouse or partner has been deployed. You may experience separation anxiety, fear, anger, loneliness, and other strong emotions during the deployment of your spouse.

By knowing what to expect, learning to recognize the signs that you are having trouble coping, and knowing where to turn for help, you may be able to make this difficult time a little easier.

Coping during a deployment

There are several stages of emotion you may go through when your spouse or partner has been deployed. When they first learn about a deployment, many people begin thinking about what it will be like to live without their partner, which may cause feelings of confusion, anger, resentment, or depression.

If you experience any of these emotions, you can: talk to your spouse about your feelings, work to create opportunities for lasting memories during the separation, talk with other people from your military community who

are going through the same experience and involve your entire family in getting ready for the deployment

As the time of departure comes closer, some people may begin to feel detached or withdrawn. Feelings of hopelessness, impatience, and a decrease in emotional or physical closeness are all common reactions to an impending deployment.

When a loved one leaves, family members may go through a difficult adjustment period. On the "up" side, many people feel an increased sense of independence and freedom. The "down" side

could include periods of sadness and loneliness.

If you have trouble adjusting to the absence of a spouse or partner, you can:

 Try to find things to look forward to. Take a class, volunteer, or start a project you've always wanted to do. Set some personal goals for yourself during the deployment period and be open to new experiences and friendships.

 Reach out to others who are in the same situation. Remember that you are not alone. Plan an event

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Managing holiday stress key to not being overwhelmed

ArmyOneSource

Special to the Frontline

For many, holidays offer an opportunity to celebrate who you are, the people you love, and the values you cherish. But as a holiday season approaches, many people experience conflicting emotions. During what is traditionally a joyous time of year, holidays often bring additional tasks and events that need to be squeezed into already tight schedules. You might find yourself trying to do the impossible in a short amount of time, on a limited budget, with conflicting demands pulling you in different direc-

Stress is a big part of holidays for many people, but it doesn't have to be overwhelming if you keep a few things in mind:

Set realistic expectations. Many of us set unrealistic expectations for ourselves as we prepare for holidays. We simply try to do too much. Ask yourself what you want the holiday to be or to mean. What is the most important part of the

most important, why not spend a day sledding with your children, and less time shopping for gifts or food? If you are planning to serve a meal to family members, why not say yes when others ask if they can bring something? Or, take responsibility for the main course and ask your guests to contribute the rest.

' Prioritize. Make a list of all the things you need to do, and decide which ones are the most important. Do the important things, and get to the rest if you have time. You may not be able to get to everything on the list, but if you get the important things out of the way, the rest probably won't matter.

* Just say "no." If you have a tendency to take on too much, learn to say no when people ask you to do just one more thing. Or maybe just find a few shortcuts if you can't resist saying yes.

holiday for you? If sharing time with family is For example, you don't have to make all the cookies for the PTA party from scratch — buy the cookie dough that comes in the tubes and bake it. Chances are, nobody will even

* Start new traditions. Remember the meaning behind your traditions. It's often easy to let a tradition take on a life of its own and to forget what made the tradition important in the first place. Don't be afraid to start new traditions, if your family has outgrown old ones.

Set a budget and stick to it. Plan for an increase in spending if meals, gifts, and entertainment are part of the holiday. Know how much you can spend before you go shopping or before you decide how many people to invite for a holiday meal. This will keep you from spending more than you should. If you have a child who wants an expensive toy, it's OK to tell him that everyone has financial

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Tom Byrne, Savannah Marriott executive chef, examines one of the cakes made for the culinary arts competition between the four units participating. The Soldiers learned how to create the culinary art masterpieces to give them a feel for what is out there in their field.

Stewart chows down ...

Culinary Arts competition puts unit Soldiers to the test

Pfc. Ricardo Branch

Associate Editor

Food service specialists of the 3rd Infantry Division recently competed in the 2004 **Culinary Arts Competition and** Show Nov. 22 at Club Stewart.

The culinary arts, a rare untapped skill of food service specialists, was practiced to give Soldiers the experience of something different and provide them the knowledge of extraordinary dishes in their realm of expertise.

"Take a magazine of decorations and look at the food displays the Soldiers made, you can't tell the difference," said Sgt. 1st Class Robbie Motley, Headquarters and Headquarters Battery, Division Fires Brigade.

The competition included Soldiers from the Division can take upwards of a week or Support Brigade, the Special Troops Battalion, 1st and 2nd Brigade and Fires Brigade making everything from cakes to platters, entrees to deserts, all in an effort to showcase what they've learned and can now create.

"The overall thing we're trying to show Soldiers that work in food service is that there is a another area in their field," said Sgt. 1st Class Preston Slayton, Headquarters and Support Headquarters Company, STB. "Ninety percent of the Soldiers that worked to make the creations on the table possible are beginners at culinary arts and for them to turn out the displays today says a lot of their

Showing up with showpiece cuisines, the Soldiers worked three weeks to prepare their masterpieces fit for the judges at the show.

"Basically we spent the better part of about a month learning how to make some of the culinary art displays, which like the mosque piece individual wins in the competwo to make," said Sgt. Joseph Kern, 3rd Forward Support Battalion, DSB.

With more than adequate training, good preparation and great teamwork, the various units represented turned out excellent products, as many judges commented.

"I came down here to help teach the Soldiers ways to do ice sculptures, and I'm really amazed what they've accomplished," said Tom Byrne, Savannah Marriott executive chef. "They caught on how to do culinary arts very quickly, and it's great to finally see what the teams have turned out."

"They made culinary art," Byrne said. "You have to have a good grasp of creativity and art to make this (display) look good and taste good, and the Soldiers here on Fort Stewart have accomplished just that."

At the close of the competition, Fires Brigade won best overall and the DSB took home best theme for the evening. Other units took

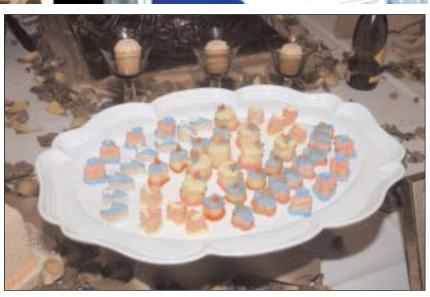
"All the Soldiers did an outstanding job," said Master Sgt. Shelton Coppet, division food service NCOIC. "The products they put out take normally eight weeks to make, they did them all in three weeks and they all still turned out great."



One of the creators of the Fires Brigade explains how he created a culinary art ship for his team's display.



(Above) Sgt. Kevin Liburd and Pfc. Raymond Christian 87th Corp Support Battalion view the sculptures made by Christian and other Soldiers in the competition. (Right) One of many examples of the culinary art masterpieces done by the Stewart food service Soldiers.





Best overall in show, the Fires Brigade developed a beach-like spread for the 2004 Culinary Arts Competition Nov. 22 at Club Stewart. The Soldiers had to create a central theme and base all of it's culinary art around that idea.

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with other families who are coping with a deployment or find a support group through your military community.

* Don't try to hide your feelings. It's normal to feel sad, lonely, or angry when you've been separated from your spouse. You don't have to hide these feelings—that may just make it harder to deal with them. Talk about how you feel with people whom you trust.

* Do something special for yourself and your family. Rent a movie or cook a meal that your spouse wouldn't necessarily enjoy. Plan fun outings with children during free time. Make time to read a book you've been wanting to read or visit with a friend.

* Try to concentrate on the things you can control. It's normal to worry about your spouse's safety during a deployment or about when he or she will come home, but this is something that you can't control. Try to focus on things that you can control, like spending time with family and friends or signing up for a class or volunteer opportunity.

* Ignore rumors. The military may not be able to give detailed

information about the whereabouts and activities of specific units during a deployment. Without that kind of information, rumors and gossip can get started. It may be difficult to ignore rumors or gossip, but you'll be much better off if you do. Rely on official sources of information when a family member has been deployed.

* Learn some stress management techniques that work for you. The stress of living without your partner can take a toll on the way you feel and think. Try out some different ways to relieve

stress, such as an exercise class, keeping a journal of your thoughts and feelings, or practicing meditation or deep breathing.

* Seek support from your faith community. Many people find comfort and solace from their faith communities during difficult times.

* Take care of yourself. Get enough sleep and exercise and eat healthy meals.

Asking for help

* Ask for help when you need it. Asking for help isn't a sign of weakness — it's a sign that you care about yourself and your

family. Don't be afraid to ask friends or family to help with the household, child care, elder care, or anything else you need.

* Seek professional counseling. If you're having trouble coping, feel overwhelmed by the job of managing everything on your own, or if you're feeling blue or depressed much of the time, you may benefit from speaking with a professional counselor. Contact your family service center for help finding a counselor.

Editor's Note: Other articles can be found at www.ArmyOneSource.com.

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limitations. Save your money and use it to get a head start on planning for the following year.

* Set differences aside. Sometimes holidays throw family members together who, at other times of the year, are happier apart. As you gather together with family and friends, try to enjoy the feeling of togetherness, and save potentially heated discussion topics for another time. And remember, you can decide with whom you'll spend a holiday. A holiday gathering is about getting along with people to the best of your ability, not about putting yourself in anxious or loaded situations.

* Be a kid again. Take some time out of your preparations to play and just enjoy the scenery. Notice people's decorations and the yummy smells. Take a nature walk, go skating, try some deep breathing exercises — whatever helps you relax for awhile.

* Get plenty of rest and exercise. It's easy to forget to do the things that keep you healthy when you have so much to do. Keeping to your regular sleeping and exercise routines will give you the energy you need to do everything and it will keep

some normalcy in your life.

* Get emotional support. If you're missing loved ones who have passed away or relatives who can't be there to celebrate in person, make sure you reach out to friends or family who can give you the emotional support you need. If your friends and family can't give that support, contact your employee resource program or a professional counselor in your community for help

your community for help.

* Empathize. Remember that other people are also dealing with the stress and pressures of holidays. If you are in a traffic jam at the mall, you're one of many people trying to get everything done to make their celebrations run as smoothly as possible. Don't take the lack of parking spaces personally.

* Remember that families come in all shapes and sizes. The picture-perfect family presented in television ads, in magazines, and in stores is not a reality for many people. Yet some continue trying from year to year to capture a piece of that "perfect picture." Take a little time to write down what you appreciative about the family that you have and what

your ideal family holiday gathering would be. If you have always wanted that big family but have only a few family members living nearby, give yourself permission to expand your family for the holiday to include other people who might be alone or who are separated from loved ones.

Or, if you find the big family gathering too overwhelming and you don't enjoy being with extended family, allow yourself to invite just a few close family members rather than going to or having a big family gathering yourself. Talk with your partner and family about what you would like to try differently this year. They may feel the same as you do or may understand your needs and want to help you meet them.

Editor's Note: Written with the help of Rebecca Dion, master in social services, LCSW, QCSW, CEAP. Ms. Dion is regional director of Behavioral Health Residential Services at Northwestern Human Services and is a member of the National Association of Social Workers. She is past board member of the Philadelphia chapter of the National Association for the Prevention of Child Abuse.

New capabilities have been implemented to myPay:

The restricted access personal identification number allows the member to provide a spouse or trusted individual with a view-only PIN. This is a great tool for deployed members.

The member can set the RAPIN by signing into myPay and from the main menu and clicking on the "Personal Settings" page.

• Then click on the "Restricted Access PIN".

 Input the RAPIN and provide it to your spouse/trusted individual.

 For the spouse/family member to use the RAPIN, they simply sign into myPay with the member's SSN under "LoginID" and then enter the provided RAPIN. With the RAPIN the spouse or family member can view and print the LES and W2 but cannot make pay changes.

myPay now allows you to provide a personal email address for future correspondence. The email address will be used to keep you apprised of future events and capabilities, such as, email notification of pay changes and other items of interest. Provide your email address by setting up your "Personal Preference" page.

Don't have a myPay PIN? Go to https://mypay.dfas.mil. Click on "Need a New PIN." Request the PIN, and a temporary PIN will be sent directly to your email account.

— CHAPLAIN'S CORNER —

Blessings; One, Two, Three or More?

Chaplain (Maj.) T. Blake Bowers

On the old Hee Haw Show, a standard song went something like "Deep dark depression, excessive misery,

OOhhhh, despair and agony on me. If it weren't for bad luck I'd have no luck at all, OOhhhh, despair and agony on me." Then it went on tell a little funny story about how bad life was. Though this was cute and humorous, too many actually approach life this way or feel this way about

Let's turn this around another way. Instead of counting our misery let's count our blessings. Johnson Oatman Jr. actually wrote a song entitled "Count Your Blessings." The jest of it is that when life tosses you apples look at life and

say okay what's good about my life. What yours. See how many you have and I are the positive things I can gain from believe you'll find more than one and

and times God has blessed me.

Think about this for a minute. The concept of Blessing in the scriptures from Strong's Concordance is "to bless as an act of adoration, or the extension of a benefit." As a result of our relationship with God, He will from time to time bestow a blessing or blessings on

us. How many you ask? That is the point of Oatman's song. Go back over life and count them. Perhaps it's a great family heritage. Maybe it's a steady job. It could be a unique event that was a complete joyful surprise. It may be that hand of God you felt going before you into a hard place in your

life. The blessings may have come in the form answered prayers. Whatever they were, go back and see God's faithfulness in bestowing blessings upon you. In those blessings is the promise that God has been with you and always will be you. When we follow God,

will

Deuteronomy 11:27: Count

life. Let me go back and count the ways many will find even more.

blessings

Pet of the Week

Cuervo is a domesticated longhaired kittens, 6 to 8-weeks-old. This adorable little kitten would make an excellent pet for any household.

If you are interested in adopting a pet like Cuervo for your home, call the Fort Stewart Veterinary Clinic at 767-2842. The clinic is located on W. Bultman Avenue.



Worship Opportunities

Fort Stewart

Location

<u>Time</u>

9 a.m.

Sunday Mass	Heritage	9 a.m.
Saturday Mass	Heritage	5 p.m.
Weekday Mass	Victory	11:45 a.m.
Protestant		
Sunday Protestant Worship	Marne	11 a.m.
Sunday Gospel Service	Victory	11 a.m.
Sunday Family Friendly	Vale	11 a.m.
Tuesday Healing Service	WACH	11:30 a.m.
Sunday School	Diamond Elementary	9:30 a.m.
American Samoan		
Sunday Worship	Vale	1 p.m.

Muslim Building 610 12:30 p.m. Friday Jum'ah

Building 610 Masjid (Daily) 9 a.m.

Lutheran Sunday Worship

Catholic

Marne

Jewish

Friday Services Marne 6 p.m.

Hunter Army Airfield

Protestant

Protestant Sunday School Religious Education Center 9:30 a.m. Sunday Service Chapel 11 a.m.

Catholic Sunday Mass Chapel 9:30 a.m. CCD Religious Education Center 11 a.m.

Birth Announcements

Jaevion Marques Felton, a boy, 8 ounds, 2 ounces, born to Mr. Jonterio Belvion Felton and Ms. ZarTavia Saundria Taylor

Breanna Grace Malone, a girl, 7 oounds, 1 ounce, born to 2nd Lt. Ĵason Malone and Cheryl Malone.

Daniel Chase Ortiz, a boy, 8 pounds, 10 ounces, born to Pfc. Gary John Ortiz, Jr., and Megan Renee Ortiz.

Donovan Jamaal Mashack, a boy, 8 pounds, 3 ounces, born to Sgt. Marcus Marvelle Mashack and Patricia Lopez Mashack.

Isabel Marie Caulford, a girl, 7 pounds, 8 ounces, born to Robert L. Caulford and Staff

Sgt. Maria

D. Cauliford.

Maya Amma Otchere, a girl, 6 pounds, 12 ounces, born to Staff . Sgt. Daniel Nana Otchere and Sgt. Khedra Nichelle Otchere.

John Rudy Pittman, a boy, 8 pounds, 3 ounces, born to Staff Sgt. Jeremiah A. Pittman and Abigail Pittman.

Sean Matthew Street, a boy, 7 pounds, 6 ounces, born to Spc. Matthew Stephen Street and Stacie Michelle Street.

Brandon Alesandro Sullivan, a boy, 7 pounds, 7 ounces, born to Mr. Jason Miles Sullivan and Spc. Maria Elena Sullivan.

Elise Marie Kerkoff, a girl, 6 pounds, 1 ounce, born to Spc. Michael P. Kerkhoff and Tiffany E.

William Xavier Combs, a boy, 8 pounds, 1 ounce, born to 1st Lt. Tavo Combs and Capt. Rosalind

Jaiden Marie Braet, a girl, 6 pounds, 4 ounces, born to Sgt. 1st Class James Gordon Braet and

Andrea Jackalynn Braet.

Nov. 17

Makenzie Lynn Andrews, a girl, 7 pounds, 3 ounces, born to Pvt. Daniel Nathan Andrews and Emily Hope Andrews.

Tiana Rose St Cyr, a girl, 6 pounds, 11 ounces, born to Staff Sgt. Philip A. St Cyr, Jr., and Markee Luquette St Cyr.

Naja Brielle Irions, a girl, 7 pounds, 8 ounces, born to Staff Sgt. Roland Irions, Jr., and Tanai Lashelle Irions.

Alanis B.

Ortiz, a girl, 6

pounds, born to

Spc. Rafael A. Ortiz and Monica Echevarria. Nov. 18 Caroline Marie **Boer**, a girl, 7 pounds, 4 ounces, born to 1st Lt. Aaron Boer and Amanda Boer. **Zalen Nehemiah** Wiggins, a boy, 7 pounds, 2 ounces, born to

Nathan Michael Whitlock, a boy, 8 pounds, 1 ounce, born to Sgt. Jeffery A. Whitlock and Pattie M. Whitlock.

Pfc. Alisha Tyena Wiggins.

Ivory Nichole Swaby, a girl, 6 pounds, 9 ounces, born to Spc. Jack Boyd Swaby, II and Carla Nicole Swaby.

Gavin Alexander Haire, a boy, 4 pounds, 14 ounces, born to Spc. Howard L. Haire, Jr., and Jana H. Haire.

Ian Gauge Gifford, a boy, 8 pounds, 13 ounces, born to Sgt. Larry Lyle Gifford, Jr., and Amy Marie Gifford.

Jared Alexander Perez, a boy, 8 pounds, 11 ounces, born to Spc. Lazaro Perez and Jeniffer Ivania

Karly Robin Sessions, a girl, 5 pounds, 14 ounces, born to Sgt. **Brent Thomas Sessions and Kristin** Michelle Sessions.



WOODRUFF THEATER

Dec. 2 - Dec. 8

Friday, Saturday and Sunday admission is \$3.50 for adults, \$1.75 for children.

Monday through Thursday admission is \$1.75 for adults, \$1.25 for children.

Surviving Christmas (PG-13) Starring: Ben Affleck, James Gandolfini

Tonight at 7 p.m.

Facing another Christmas alone, Drew decides to go back to his idyllic childhood home to spend the holidays with family. There is, however, one problem: the people living there now are not Drew's family. Nevertheless, Drew has his mind set on an old-fashioned family Christmas, and the fact that the "family" in question, the Valcos, are complete strangers, isn't about to put a crimp in his plans. **Run Time:** 92 minutes

The Grudge (PG-13)

Starring: Sarah Michelle Gellar, William Mapother Friday, Saturday, Sunday and Monday at 7 p.m. Karen an American student working with a Japanese health center for college credit, comes across a mysterious curse. Known as a "grudge," the curse was born inside of a house after its inhabitants died while consumed by rage. According to legend, the curse touches all who come into contact with it, and will torment those unlucky individuals until they, too, become part of the grudge. Run Time: 96 minutes

I Heart Huckabees (R)

Starring: Jason Schwartzman, Isabelle Huppert Tuesday and Wednesday at 7 p.m.

A plucky couple, the Jaffes, like to play detective. Their latest case: a miserable retail worker named Albert Markovski and his archenemy, Brad. Albert has faced a series of odd coincidences in his life, and he's hoping his new detective pals can help him figure out the meaning of being born. When Brad, an executive at the retail superstore Huckabee's, learns of the detectives, he's determined to hire the pair himself, and once again

